The Lost Superfoods That You Should Add To Your Stockpile

Our grandparents knew how to make nutritious, great-tasting food that could last for years—no fridge required. Even during tough times, they found ways to preserve food while enjoying life with friends and family.

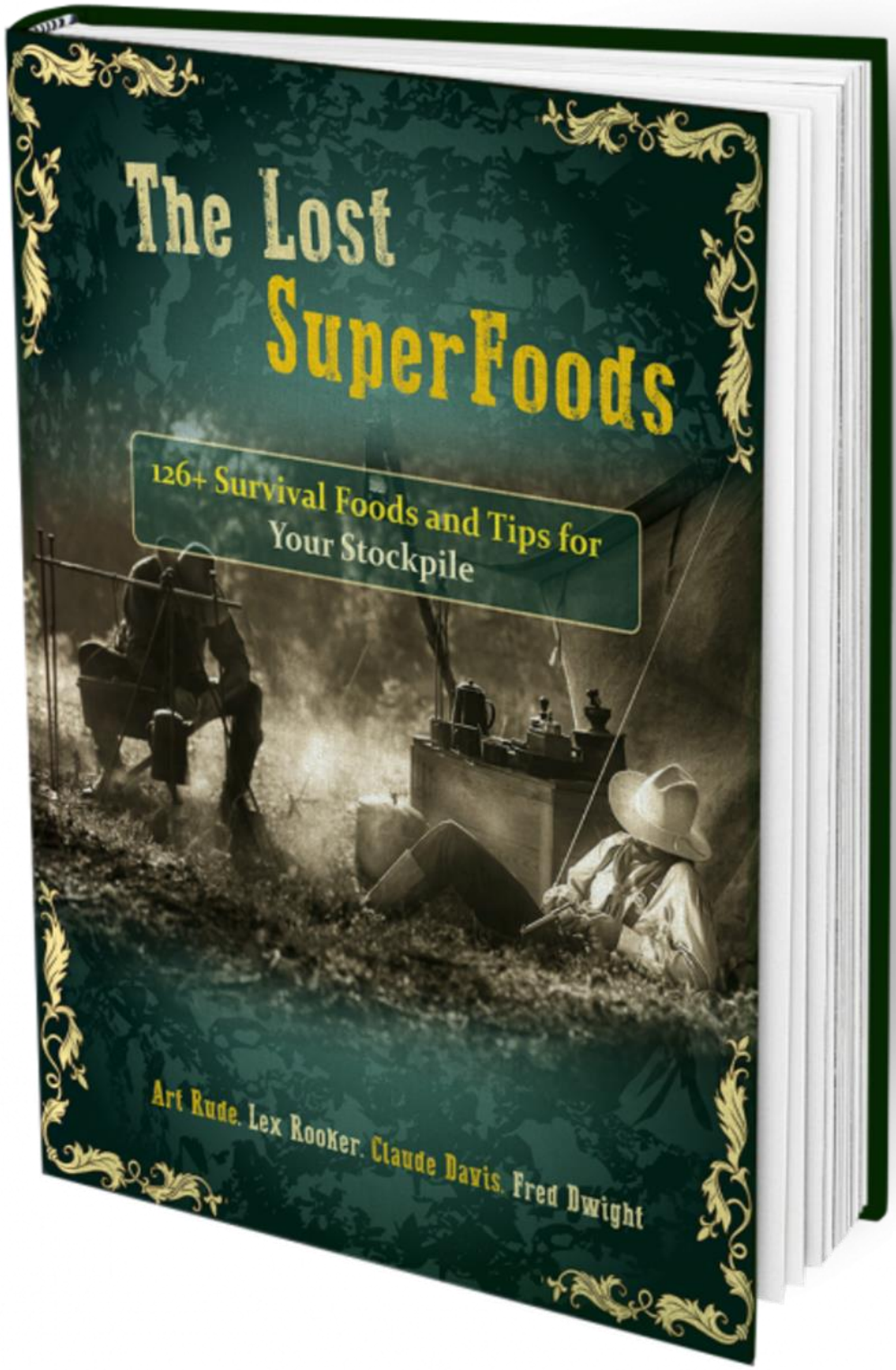
Some of these time-tested recipes date back over 60 years and still work today. That means you can count on them when the power goes out or during any long-term emergency.

Unfortunately, many of these traditional foods and preservation techniques have been forgotten, replaced by expensive, unhealthy processed meals created in labs.

The Lost Super Foods, written by Art Rude, Claude Davis, Lex Rooker, and Fred Dwight, revives these long-lost treasures. After years of research and collaboration with passionate global experts, they've compiled a powerful collection of forgotten survival foods.

Inside, you'll find 126+ nutrient-rich foods you can stockpile without refrigeration—just like our ancestors did. These foods are packed with healthy fats, protein, and calories, all while being budget-friendly and having an incredibly long shelf life.

This 270-page guide is more than a cookbook—it's a survival blueprint. You'll discover the foods that sustained people through world wars, famines, riots, and natural disasters—tried-and-true staples that have stood the test of time, from ancient civilizations to modern crises.



The Lost Superfoods Book

These time-tested foods come from an era when refrigeration was just a far-off dream.

With over 126 simple, step-by-step recipes and tips—alongside clear color photos—*The Lost Super Foods* is so well-organized that even someone with zero cooking experience can easily follow along.

Take control of your health today and free yourself from the fear of chronic, life-threatening nutritional illnesses—even in the hardest of times. Rediscover *The Lost Superfoods*.

What You'll Gain from *The Lost Super Foods*:

Better gut health for a longer, more vibrant life

Lower blood pressure, so you can spend more time with the people you love

Slower aging, so friends notice—and envy—your youthful glow

More energy, giving you the stamina to stay active and strong

Sharper mental clarity, helping you stay focused and alert

Protection against obesity-related heart attacks and strokes

Just a Few of the Lost Superfoods You'll Learn About:

Lard
(and over 125 more forgotten staples that powered generations through crisis)

These aren't just foods—they're your insurance policy for health, longevity, and resilience.

Lard

This was the ultimate survival food of our ancestors—an essential staple that helped Americans endure the Great Depression. Rich in calories and healthy fats, it provided lasting energy during tough times and stayed fresh for months without refrigeration.

Your mother or grandmother likely kept a can of it right on the kitchen counter. Why? Because it was one of the key *Lost Ways* of food preservation—simple, effective, and long-lasting.

Back in the 1930s, it was used for everything from frying and baking to preserving meat. And yet today, most people have forgotten all about it—a mistake we can't afford to keep making. That food? It's lard.

How to Make Lard at Home

Rendering lard is surprisingly easy. Start with a fatty cut of pork—like pork belly—cut it into strips, and place them in a pot with a little water. Slowly heat on low until the fat fully melts.

Strain the liquid fat into a clean glass jar. When cool, you'll have pure lard. To preserve meat, just cook it, submerge it in the lard, and seal it tight. The fat locks out air, prevents spoilage, and even enhances flavor.

Despite what many believe, lard is lower in saturated fat than butter, and it's a great source of vitamin D.

But most of us today don't know how to live without our fridges, phones, or supermarkets. So ask yourself: what would you do tomorrow if those comforts disappeared?

We stock bug-out bags with three-day rations and hope for the best—but wouldn't it be smarter to study what the pioneers actually *carried* on their months-long journey from Independence, Missouri, to Oregon City?

They didn't rely on wild game—it was too unreliable. They packed food they knew would last. If your life depended on it, what would *you* put in your bag?

I'd choose what they used. Those early settlers traveled for months with little support, facing harsh conditions, and still made it through.

I won't let their knowledge be forgotten. If you care about your family's future and the values this country was built on, you shouldn't either.

That's why, 15 years ago, I began a mission: not just to survive any crisis on a budget, but to live *better* by reviving the time-tested methods our great-grandparents once relied on daily.

Claude Davis had the same vision. He gathered his forgotten manuscripts, stories, and practical know-how and helped create *The Lost Superfoods*—a one-of-a-kind book preserving the wisdom of generations.

Uncover 126+ survival foods you can stockpile with no refrigeration—timeless staples our grandparents relied on but we've nearly forgotten✓.

Next up?

Pemmican—the original no-refrigeration protein bar that powered Native Americans and explorers through brutal winters and endless journeys.

Pemmican

Let me show you how to make one of the most powerful survival foods ever created—something so nutritious and shelf-stable, you may never need to stockpile another meal again.

It’s called pemmican, and it was a lifeline for Native Americans and early explorers who spent months in the wilderness, far from any form of civilization.

To make it, all you need is:

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6 pounds of beef

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2 pounds of rendered beef tallow

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1/3 cup of dried strawberries or blueberries

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Dry the meat and fruit for about 15 hours until they're completely crisp, then grind them into a powder using a food processor. Melt the fat, cut it into small chunks, and mix everything.

That's it—you've created a high-energy, long-lasting superfood that can survive decades without refrigeration.

This is just *one* of the incredible recipes inside The Lost Superfoods, a book dedicated to preserving the forgotten food wisdom that once kept entire generations alive through war, depression, and disaster.

Why spend a fortune on modern survival gear and freeze-dried meals that expire in a few years? Our forefathers already figured it out. Their time-tested methods worked perfectly—without electricity, fancy tools, or high-tech solutions.

The Lost Superfoods shows you how to:

- Stay prepared without relying on modern systems
- Protect your family in any crisis—EMP, economic collapse, famine, or natural disaster
- Save money every month by adopting the simple self-reliance of past generations

You don't have to wait for disaster to strike. These practical, everyday skills can start benefiting you *right now*—from saving money on food to living more independently.

We're living in easy times—but that's no guarantee they'll last. Our grandparents and great-grandparents were the last generation to truly master the essential skills for survival. If we don't preserve them now, they'll disappear for good.

This is your chance to do something that matters. Not just for you—but for your children, nieces, nephews, and future generations.

Don’t let these vital lessons fade away. In the next crisis, when grocery store shelves are empty and panic sets in, this knowledge could be the only thing that keeps your family safe and fed.

While others are scrambling, you’ll be calm, prepared, and in control.

So if you believe in your family’s future—and in preserving what America once stood for—now is the time to act.

Art Rude, Claude Davis, Lex Rooker, and Fred Dwight have brought together the very superfoods and survival secrets that sustained past generations into *The Lost Superfoods*. But the only way to access it is by clicking HERE.

Don’t wait. Take the first step toward self-reliance—and help keep our forefathers’ wisdom alive.